

Blog archive

2021

[February. \(2\)](#) >

[January. \(1\)](#) >

2020

[December. \(4\)](#) >

[November. \(5\)](#) >

Popular blog tags

[active](#) [beauty](#) [cbd oil](#)

[dog chews](#) [hemp oil](#) [pets](#) [softgel](#)

[supplements](#) [tincture](#)

[topicals](#)

How to Choose the Right CBD Oil Tincture

Sunday, January 10, 2021



It wasn't long ago that most people had never even heard of CBD. Today it's one of the most popular supplements on the planet. The more we learn about CBD, the more it seems to reveal an extensive range of wellness applications.

That's why so many different products and delivery methods flood the rapidly-growing CBD market, from gummies and [softgels \(https://www.myremede.com/products/supplements\)](#) to [topical creams \(https://www.myremede.com/products/active\)](#) and lotions. Tinctures — a delivery method for plant-based medicine dating as far back as 1000 AD — are a versatile, practical, and relatively fast-acting way to take CBD and get the most out of the hemp plant's myriad wellness benefits.

When considering CBD tinctures as a regular wellness supplement, it's important to understand what you're hoping to achieve and how to tell which products are most capable of helping you. Here's a quick guide to CBD tinctures; how to distinguish them from other hemp products and how to find the right tincture for your needs.

Is CBD Oil the Same as CBD Tincture?

The cannabis industry is relatively young, which means it's also rife with interchangeable terms that often refer to a variety of products. Both "CBD oil" and "tincture" are used to refer to several different CBD products. The simplest way to differentiate between a CBD oil and a CBD tincture is by ingredients and methods of delivery.

In the broadest sense of the word, "CBD oil" can refer to any hemp- or cannabis-derived CBD extract. More specifically, CBD oil usually refers to a CBD-rich hemp extract, though it can also refer to an extract of CBD-rich cannabis. Traditionally, a tincture is a plant-based medicine dissolved in alcohol. CBD tinctures (like MyRemede's [Full Spectrum Tinctures \(https://www.myremede.com/search?q=tincture\)](#)) are often hemp extracts blended with carrier oils such as coconut oil, olive oil, and MCT oil.

The method of delivery is also helpful in distinguishing between CBD oils and tinctures. CBD oil is the key ingredient of virtually every type of CBD product, from topicals to [dog treats \(https://www.myremede.com/myremedecbdogchew-25mg\)](#). While tinctures are often added to beverages like tea or coffee, they are most often applied directly under the tongue through a dropper.

The Benefits of a CBD Tincture

While there's no one right way to take CBD, arguably the most direct and low-maintenance way to take it is under the tongue in the form of tinctures and other sublingual products. Dropping a tincture under the tongue can be faster-acting than other edible or ingestible CBD products.



Every CBD product type has a unique [rate of absorption \(https://www.myremede.com/how-long-does-it-take-for-cbd-oil-to-work\)](#). The body typically absorbs CBD softgels, for example, at a different rate than it does tinctures. Let's say you intend to take CBD to mentally prepare for a morning work meeting. Without knowing the general rate of absorption beforehand, you may end up taking a CBD product that kicks in long after your meeting is over.

This is where a fast-acting tincture may come in handy. Though everyone's body absorbs and reacts to CBD differently, tinctures and other sublingual CBD products usually take 15-45 minutes to kick in. Under-the-tongue delivery is faster because it bypasses the digestive tract, and is less likely to decrease potency. Tinctures are also typically easier for the body to digest because they are free of the additives you'll find in edible CBD products.

How to Use a Tincture

The simplest and arguably most effective way to use a CBD tincture is by dropping a serving under your tongue, let it sit for about 30 seconds, then swallow. Most tinctures, including [MyRemede's Full Spectrum Hemp Extract \(https://www.myremede.com/myremedecbdtincture-300mgcbdlemmon\)](#), come with a dropper you can use to drop the appropriate serving. If you're experimenting with a CBD oil tincture for the first time, it may also be wise to start with half a dropper full, see how you feel, and work your way up over 2-3 weeks.

Also keep in mind that a reverse-tolerance reaction is possible when using CBD products. CBD is now widely believed to increase the presence of endocannabinoids (cannabinoids produced by the body to maintain internal regulatory balance), which means that, over time, your body may require less of it to get the same effect. In such cases, adjusting your serving size with a tincture is a simple matter of adjusting the daily amount you put in your dropper.

You can also add tincture servings to beverages or sprinkle them on food. The body may not absorb and elicit effects from a tincture as quickly when administered this way. Still, adding CBD tincture to your tea or coffee can also be an easy, non-intrusive way to get the daily dose of CBD you need to maintain your base-level wellness.

Finding the Right CBD Tincture for You

Finding the right CBD product and corresponding dosage for you depends on various factors from weight and individual body chemistry to the specific wellness needs you're trying to address. If you've decided that a tincture is the right delivery method for you, you should still consult a licensed physician before adding CBD to your wellness routine. You may find your doctor is unfamiliar with CBD, or simply doesn't know enough about it to have a clinical understanding of its effects and supplemental potential. If this is the case, it's always best practice to start with as small a dose as possible and work your way up gradually until you land on something that feels like it's working.

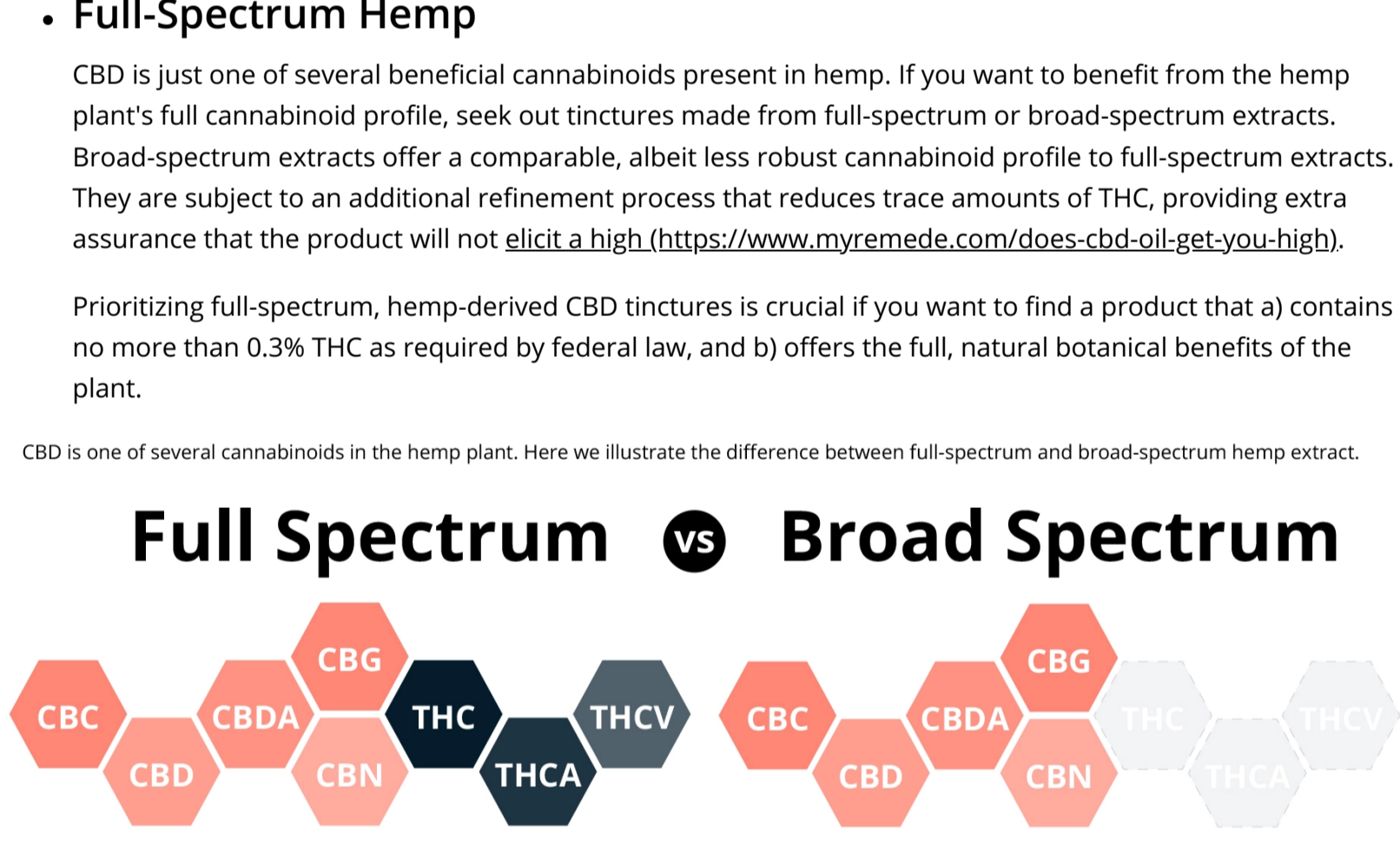
Unfortunately, finding the right tincture isn't just a matter of getting a physician's recommendation and grabbing the first thing off the shelf. The CBD oil market is a new one, which means there's little regulation and no shortage of poorly made or even counterfeit products, often containing significantly less CBD than advertised. When looking for a high-quality CBD oil or tincture, also keep these considerations in mind:

• Full-Spectrum Hemp

CBD is just one of several beneficial cannabinoids present in hemp. If you want to benefit from the hemp plant's full cannabinoid profile, seek out tinctures made from full-spectrum or broad-spectrum extracts. Broad-spectrum extracts offer a comparable, albeit less robust cannabinoid profile to full-spectrum extracts. They are subject to an additional refinement process that reduces trace amounts of THC, providing extra assurance that the product will not [elicit a high \(https://www.myremede.com/does-cbd-oil-get-you-high\)](#).

Prioritizing full-spectrum, hemp-derived CBD tinctures is crucial if you want to find a product that a) contains no more than 0.3% THC as required by federal law, and b) offers the full, natural botanical benefits of the plant.

CBD is one of several cannabinoids in the hemp plant. Here we illustrate the difference between full-spectrum and broad-spectrum hemp extract.



• Source of Hemp

The geographic origin of a tincture can tell you a lot about its potential quality. Seek out tinctures made from states in the USA where environmental conditions and testing regulations result in a richer plant. For example, MyRemede CBD oils and tinctures are extracted from hemp grown in [Oregon \(https://www.myremede.com/about-us\)](#). The climate yields a richer cannabinoid profile and hemp plants are subject to exceptional standards of testing for pesticides and impurities. Regional testing standards can directly impact what goes inside your body when you take a CBD tincture. If the product is sourced from a state that thoroughly tests hemp for potency and probable contaminants, it's more likely to deliver all the things you want in your body and none of the things you don't.

• Certificate of Analysis

Always buy CBD from companies that offer a Certificate of Analysis (COA) for every product on their website. A COA from an accredited third-party lab should verify that a product's cannabinoid content is accurate. It should also confirm that the product is free of common harmful impurities.

For a full-spectrum, CBD-rich hemp extract that comes with all the benefits the plant has to offer, start your search with [MyRemede CBD \(https://www.myremede.com/myremedecbdtincture-300mgcbdlemmon\)](#).

Tags: [cbd oil. \(/blog/tag/cbd%20oil\)](#) , [supplements. \(/blog/tag/supplements\)](#) , [tincture. \(/blog/tag/tincture\)](#)

Leave your comment

Comment:

New Comment

[Certificate of Analysis \(certificate-of-analysis\)](#)

[Privacy Notice \(https://www.myremede.com/privacy-notice\)](#)

[Terms & Conditions \(/terms-conditions\)](#)

[Terms of Use \(/terms-of-use\)](#)

[Shipping Policy \(/shipping-policy\)](#)

[Return Policy \(/return-policy\)](#)

[Contact Us. \(/contactus\)](#)

[Affiliate Program \(https://affiliate.myremede.com/\)](#)



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Products on this site contain a value of 0.3% or less THC.

© 2021 MyRemede. All rights reserved.